

Rockford Police Department
Use of Force Documentation Guide

Note: The following material has been supplied to assist you in the use of force report writing process. These suggestions and definitions are only guidelines and are not all inclusive.

I. The Constitutional Standard for Use of Force

The Supreme Court case of *Graham v. Connor*, 490 U.S. 386 (1989) established “Objective Reasonableness” as the standard for all applications of force in the United States. This guide is designed to assist officers in articulating the facts of a Use of Force incident in accordance with the guidance provided in *Graham*. In *Graham*, the court specified 4 specific factors which assist in determining reasonableness. Although not required, nor all inclusive, articulating these factors provides a good framework for justifying a particular Use of Force. These factors are:

- The severity of the crime
- Whether the subject was an immediate threat to the officers or others
- How the subject was actively resisting arrest
- How the subject was attempting to evade arrest by flight

II. Other considerations before and after a Use of Force:
be able to articulate the following:

First Encounter

- How did you come in contact with the subject? (Explain reasonable suspicion/probable cause).
- What was your legal right to be there?

Officer-Subject Factors

- The number of suspects v. the officers involved and the availability of back-up.
- Pre-assault indicators (describe the suspect’s actions and statements).
Some pre-assault indicators may be: taking a fighting stance, clenching fists, scanning, physical signs of stress, weight shifting, flanking, 1000 yard stare, and absence of vocalization.

- Size, age, and physical condition of the officer and suspect.
- Known or perceived physical abilities of the suspect (Martial Arts expert).
- Previous violent or mental history known to the officer at the time.
- Perception of the use of drugs or alcohol by the suspect.
- Perception of the suspect’s mental or psychiatric history based on specific actions.
- The availability and proximity to weapons.
- Environmental factors (night, snow, ice, heights, terrain).
- Injury to the officer or prolonged duration of the altercation.
- Was the officer on the ground or in some other unfavorable position?
- Did the suspect display any characteristics of being armed? (Bulges, adjustments of clothing, constantly conducting “security touches” to the weapon).
- The presence of innocents or potential victims
- How you gave attempts at verbal control or gave warnings.
- How did the subject respond to verbal commands?
- Did the subject exhibit signs of aggression (body language or verbal)
- How long did the resistance last?

Emotional Factors

- Was the officer in fear of injury or great bodily harm? Explain why.
- Did the subject cease aggression or escalate? Explain how.
- What did the officer do in response to this? Escalate? Try another technique? Cease use of force when the resistance ceased?
- How was the subject finally brought under control?
- Did the subject need medical attention? Why?
- Get statements from witnesses to the use of force.

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Report Writing Reminders

- If you intend on placing someone in handcuffs for “officer safety”, you must explain why you felt your safety was in jeopardy.
- Do not solely mention that you “took the subject down”. Please explain how you conducted the take down.
- When you handcuff a subject, remember to indicate in your report that you double locked the handcuffs and checked them for proper fit.
- Know the difference between a “stun” and a “strike”. A stun is a technique used to distract the subject so you can maneuver into another technique or tactic. A strike is a technique used to inflict pain or damage to a combative subject.
- If you directly use force against a subject, complete the necessary use of force drop down box. If you do not directly use force on a subject in a use of force incident, do not pull forward the same use of force drop down code. If you do, it appears you used force when you actually did not.
- Avoid using conclusions and stick with facts. The following are examples between facts and conclusions:

Conclusion: The subject was assaultive.

Fact: The subject stated, “I’m going to kick your ass.” The subject turned his body 90 degrees, clenched his fists and took a boxer’s fighting stance.

Conclusion: I handcuffed the subject for officer safety.

Fact: I handcuffed the subject because I have previously arrested him for resisting arrest. He was 6’6” and weighed about 300 pounds.

Conclusion: I stopped the subject in a high crime area.

Fact: I knew the area to be high in crime; in that, over the course of several weeks, I have investigated numerous weapon offenses and received 5 citizen complaints of drug sales.

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Use of Force Definitions:

Blocks

High punch block: Double forearm blocks with relaxed open hands palms out as instinctive jamming action, lowering your center, keeping your eyes on the target, ready to counter attack.

Elbow Jamb punch block: With relaxed open hand as instinctive cover up action touching the side of your head, elbow towards the threat, your other arm up, and hand out ready to grab, block and employ a counter attack.

Kick Block: With relaxed open hand as instinctive cover up action touching the side of your head, elbow towards the threat, your other arm up, and hand out ready to grab, block and employ a counter attack. Bring same side knee up as if to meet elbow towards the target turning to deflect/ block vital areas, keeping your eyes on the target, ready to counter attack.

Body Check: the use of an extended arm in a stiff arm fashion to stop a person(s) from advancing on you.

Stunning

Palm Heel Stun: Use an open hand to administer a quick stun, pulling your finger back stunning with the heel of the palm to the subject's head/ jaw area to disrupt his thought process long enough to move to a secondary technique.

Eye Flick: Using a relaxed open hand, administer a quick strike using the back of the fingers, striking the subject's bridge of the nose/ eye area, in an effort to cause a blink to disrupt the thought process long enough to move to a secondary technique.

Knuckle Grind/ Strike: Using an extended knuckle or closed fist, administer a strike with the front part of your fist to the top of the hand, and grind with direct pressure in a back and forth motion, in an effort to cause the subject to release his grip, to disrupt the thought process long enough to move to a secondary technique.

Brachial Roll: Use an open hand; roll your fingers into the side of the subject's neck working on the brachial nerve, long enough to disrupt his thought process to move to a secondary technique.

Thigh stun: Using your knee, stun the inside or outside thigh area, making his body react in a certain direction long enough to disrupt his thought process to move to a secondary technique.

Strikes – From standing and ground fighting positions

Palm Heel strike: Using the padded palm area of either hand, strike out with your center in a straight line, generate power with hip rotation, striking through the target not to the target.

Open hand strike: Using an open loose hand, fingers spread wide, strike through the subject's side of the face; generating power with hip rotation keeping your elbow into your side through contact stunning the subject.

Brachial stun: Using the back of your open loose hand, stun the side of the subject's neck/ trap area, causing motor dysfunction to the body. Do not use a closed fist unless at deadly force.

Hammer Fist: Using a closed fist, strike using the bottom portion of the hand through the subject's side of the face or body; generating power from the swing of the arm through contact stunning the subject.

Elbow strike: Using the tip of your elbow, spike, cross or post strike through the subject. To be used during in close fighting.

Knee strike: Using the tip of your knee, by pulling the subject towards your knee, while thrusting your hips up to generate power from your center, strike through the subject.

Up Kick: Using the ball of your foot, bring your knee up and extend the leg making contact with your subject, while thrusting your hips forward to generate power striking through not to your target.

Knuckle Strike: Use of the back hand but striking with the knuckles.

Angle kick: Using the shin area between the top of your foot and bottom of your knee, step off to a 45' angle with your lead leg swinging your rear leg in soccer fashion, pivoting on the ball of your lead foot until impact kicking through your target not to your target. Target areas are the legs, (i.e. medial, lateral thigh area or calf), this can cause motor dysfunction to the subjects body, dropping him to the ground.

Push kick: From standing balance on the ball of your foot of your action leg, bring your other knee up and extend the leg making contact on your subject with the ball of your foot, while thrusting your hips forward to generate power striking through

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your target. The subject's target area is the mid section and lower body, causing the subject's body to fold.

Control Tactics

Escort position: Officers will approach the subject's side with both hands up, blanket the subjects shoulder area with both hands. Slide your hands down, rear side hand stopping just above the elbow and front side hand stopping and cupping the wrist. Keeping pressure and counter pressure, keep the subject's arm close to your center, elbows in, hand away from your hip area. Maintaining a position slightly behind the subject's body while standing still or moving the subject. Officer will touch the shoulder to the ear on the subject to move them from where they are to where they need to be.

Reverse Wristlock Thumb Control: From the escort position, match the hand while maintaining elbow control and rotate the subject's near side hand behind his/ her back, tucking the elbow into the crook of your arm then grasp thumb control.

#2 Wristlock: is achieved by placing your thumbs on the knuckles fingers in the palm as you torque into the hand with pressure counter pressure while maintaining elbow up for control.

Ground Fighting Positions

Kneeling Power Stance: Step wide with your forward leg and kneel on your rear knee. Maintain the front foot flat on the floor and position the ball of your rear foot down with the heel up and hands at the high ready.

The Guard: a ground grappling position where the officer has his or her back to the ground, while holding the suspect using the legs.

The Mount: is a dominant ground grappling position, where the officer sits on the suspect's torso with the face pointing towards the opponent's head.

The Sitting Back Mount: the officer is behind the suspect with both legs wrapped around the suspects with the heels "hooked" inside suspects legs. One arm is under an armpit and the other is around the neck and the hands are clasped.

Scarf Hold: is a pinning hold performed from side control by turning slightly sideways, spreading the legs for stability, and encircling the opponent's head with one arm and holding the other arm close to the chest.

Side Control Position: is a dominant ground grappling position where the officer is on top lying perpendicularly over the face-up bottom suspect in such a way that the legs are free and he or she exerts considerable control over the suspect on the bottom.

Gracie Get Up: Officer is on his back, rotate body onto side as you place the same hand on the ground using it as a pivot point. Keep your other hand at the high ready and your top leg bent at a 45' foot on the ground, protecting your groin and ready to strike. Keep your chin tucked to your chest and kick your bottom leg back coming to a power kneeling position standing up, while maintaining balance and protection.

Ground Fighting Locks & Holds

Figure 4 Arm to Leg Lock: The subject is on his stomach, with the officer at his feet. The officer blades his hand to the toes of the subject and wraps his opposite arm around the subject's ankle. Grabbing your own biceps and apply pressure.

Figure 4 Leg to Leg Lock: The subject is on his stomach, with the officer at his feet. The officer grabs and controls a leg steps over this leg, placing his foot on the ground and traps the subjects leg with his foot pinned to the inside of the thigh.

Ankle Pin: the officer uses a knee or the edge of his foot to control the subject's ankle by compressing it to the ground just above the ankle bone, while keeping your head up and back straight. Regulate the amount of pressure in accordance with the amount of resistance.

Shoulder Lock: off to the subject's side with the subject on his stomach, Slide your outside arm under the subjects inside arm, placing your hand just above the subject's elbow joint turn rotate in towards your center, trapping the arm against his back, using your free hand reach and grab the trapped arms wrist pulling it up the back towards the subject's head, figure 4 your arms pulling the subject's arm into your center keeping your head up and back straight.

Head Pin Control: a double kneeling position near the subject's head facing the subject's feet with the subject on his stomach, the officer places the subjects head between his knees, place both hand on the back of the head and compress the face to the ground while keeping your knees in tight for added control. Regulate the amount of pressure in accordance with the amount of resistance.

Back Mount Control: the subject is on his stomach and the officer is seated on the lower back of the suspect with his knees up to lock in under the suspect's elbows.

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Knee to Jaw Compression Hold Down: While in a double kneeling position off to the subject's side with the subject on his back, you place a knee over the near side arm trapping it against the ground, bring your inside knee up across the jaw line of subjects head and kneels compressing the face to the ground, place your inside hand, palm onto the abdomen and compress, with your free hand pin and control the far arm.

Ankle/Leg Lock: The subject is on his back, with the officer at his feet, also on the ground. The officer cannot escape away from the subject, grab one of the subject's feet, while trapping his other leg with yours, to prevent kicking. Place the toes of the subject under your armpit and grasp your hands behind the subject's ankle. Pull up and towards you as you lean back, locking the subject's ankle.

Laying Shoulder Pin: is executed when the officer is on top lying perpendicularly over the face-up bottom suspect in such a way that the legs are free, with the suspect beneath him. From there the officer can place the suspects inside arm between their heads, using his head to block the elbow, locking in a clinch using a strong hold grip with his hands pressing a forearm into opposite side of the neck of the suspect.

Ground Fighting Tactics

Officer down, suspect in the guard

Scissors Sweep: hip out from under the suspect, placing your top knee along his belt line with your foot hooked around his waist. The bottom foot heel should hook the side of his knee and kick him over with a scissors action from your legs, ending up mounted.

Ankle Grab/Knee Push: the suspect stands up, maintain control with your arms and let your feet slide to his hips as in the previous move. If his weight gets too far back, let go with your arms and grasp both of his ankles. Push your knees upward causing him to fall backwards. Drive one of your knees to the ground and grasp the back of his neck with the other hand to pull yourself to the mount or disengage.

Officer down, suspect advancing

Leg Hook/Chop & Take Down: The attacker moves towards the downed officer. The officer kicks the front of the attackers shin/ankle area with your bottom leg and hook back of the attackers knee with your top leg, (scissors motion), and take the attacker to the ground onto stomach. The officer should roll as the attacker goes down. With the attacker face down you have two options; you can now get up and away from the attacker.

Leg Hook & Press: The attacker moves towards the downed officer, the officer's bottom foot hooks the back of the attacker's ankle while the top foot strikes and pushes through the knee, sending the attacker to the ground backwards and away from the officer.

Shoulder Pin (Near Arm)

With the suspect on their back and you beside them:

1. Capture the near arm and move it across their body so the elbow is past the center line of their torso.
2. With the arm farthest from their head, scoop underneath the near arm and around their head ensuring your hand comes back toward you and you can see your hand.
3. Establish a strong grip
4. "T" out and place your hips on the ground.
5. Provide a level of compression that is commensurate with the subjects resistance

Shoulder Pin (Far Arm)

With the suspect on their back and you beside them:

1. Capture the far arm and move it across their body so the elbow is past the center line of their torso.
2. With the arm closest to the subject's head, scoop underneath the far arm and underneath their head. Simultaneously collapse to the subject's shoulder and place your head on it ensuring the arm is not regained.
3. Reach across with your other arm and establish a strong grip.
4. Hop across the subject's body and "T" off to the subject while placing your hips on the ground.
5. Provide a level of compression that is commensurate with the subject's resistance.

Inverted Shoulder Pin (Far Arm)

With the suspect on their back and you beside them or in side control:

1. Grab the far arm and pull it across their body with your arm that is closest to their head.
2. With the free hand, scoop underneath the arm you have captured as well as the head of the suspect.
3. Cup the back of the head and place your bodyweight on the arm you have captured

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4. Once bodyweight is on the arm, you may release that arm and bring your arm to the other side of their head and achieve a strong grip.
5. Move to a "north/south" position and sag your hips to the floor, placing your beltline on the floor.

Inverted Shoulder Pin (Near Arm)

With the suspect on their back and you beside them or in side control:

1. Grab the near arm and push it across the suspects body
2. With the arm closest to the suspect's head, reach under the suspects arm and scoop under their head back toward your body.
3. Begin moving your hips toward their head and roll onto the hip that is the same side as the arm you scooped with. This should expose your hand allowing an opportunity to achieve a strong grip.
4. Sprawl your legs out to a north/south position and place your beltline to the ground.

Officer down, suspect standing and kicking.

Block & Roll Over: The attacker kicks at the downed officer's head or chest area. The officer, on his side with parallel arms in a high block, and knees to chest, makes contact with the attacker's shins. The officer wraps his arm around the inside of the attacker's ankle and rolls towards and through the attacker, taking him to the ground. The officer lifts the attacker's ankle while putting pressure on the knee with his back.

Block & Bulldog: The attacker kicks at the downed officer's head or chest. The officer's parallels his arms in high block, and knees to chest, makes contact with the attacker's shins. The officer then grabs the back of the attacker's foot and gets to a double kneeling position with his shoulder in contact with the attackers knee. The officer then drives through the attacker, pushing with both legs.

Front Head Counter: The officer is on his knees; the attacker encircles the officer's neck and pulls up to apply a choke. The officer pushes into the suspect and takes a cross body position opposite the head lock. The officer begins to elbow the suspect in the head getting the suspect to release the choke hold.

Officer down, suspect mounted on top

Thrust Hook, Roll Over: The officer is on his back with the attacker straddling his waist, pinning both wrists to the ground. The officer, simultaneously, hooks the attackers ankle with his leg, thrust his hips up and at an angle, and extends his arms straight out above his head, to take the attackers balance. The officer then rolls towards the attackers hooked ankle, rolling on top of the attacker.

Hip Thrust & Roll Away: The officer is on his back. The attacker is straddling him, posting off the officer with one hand and getting ready to strike with the other. The officer thrusts his hips up and at an angle, by pushing off the ground with both feet, and strikes the elbows of the attacker. As the attacker clears the officer's body, roll the opposite way, away from the attacker, while facing him and get to a power kneeling position, then to your feet.

Choke Defense & Head Roll Over: The officer is on his back, with the attacker straddling his waist and using a double hand choke around the officer's neck. The officer brings his hands together palm to palm, then explodes with the arms straight up and around the attackers the attacker forearms, collapsing them and pulling them in close. The officer then shoots both hands to the attackers head, controlling it by pushing away on the chin and pulling back in on the back of the head. Roll the attacker away from you onto his back and pin the chin to the ground reassess or disengage.

Punch-Block & Roll Over: The officer is on his back, with the attacker straddling his waist, pinning one wrist to the ground and attempting to punch the officer in the face with the other hand. The officer deflects the punch with his free arm by shooting his hands towards the attackers shoulder. The officer then traps the arm with his arm by wrapping it over the triceps area of the attacker and reaching through, grabbing a hold of his own shirt. The officer then thrusts his hips up and to the same side of the trapped arm and rolls the attacker off him.

Officer down on stomach, suspect mounted on back

#2 Wristlock & Ken Grip Roll Over: The officer is on his stomach, with the attacker kneeling astride his waist and pinning his wrists to the ground. The officer rolls his hands in towards his chest and applies a #2 wrist lock to one of the attacker's wrist. The officer brings the lock in towards his center and uses his other hand to reach back and apply a ken grip to the attacker's armpit area. Pushing against the ground with his feet and knees, the officer breaks the balance of the attacker forward, throwing him over his head/shoulder, while

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maintaining control of the wrist lock, getting the attacker onto his back.

Nearside Choke Counter: The officer is on his stomach, the attacker encircles the officer's neck lying astride the same side as the encircling arm. The officer pulls the encircling arm in towards his chest head down onto the ground and brings his hips up. The officer begins to walk away from the suspect while maintaining control of the arm getting the arm out and onto his back.

Farside Choke Counter: The officer is on his stomach, with the attacker encircling the officer's neck with the far side arm. The officer pulls the encircling arm in towards his chest head down onto the ground and brings his hips up. The officer begins to walk away from the suspect while maintaining control of the arm getting the suspect to fall off onto his back. Officer smears the face and escapes.

Officer Down on His Back, Suspect Mounted on Back

Back to the Mat, Defense against a rear choke on the ground: The suspect ambushes the officer from behind and pulls him into his guard closed guard to apply a choke. The officer pulls the encircling arm in towards his chest head maintaining an airway and begins to push his body up towards the suspects head. The officer continues until he gets to slide out getting his back on the mat. When this happens the officer should turn into the suspect and deliver knee strikes to the groin area creating space to get stand up and get away.

Takedowns

Arm bar take down: From the escort position, reach under and trap the subjects arm against your body keeping the subjects arm close to your center. Using your body weight for strength apply downward pressure by shouldering in and pull up on the wrist as you back step and pivot using your body weight for strength. Step away with your outside foot in a semi-circle motion and place the subject on his stomach onto the ground.

Straight arm takedown: From the escort position, achieve a reverse handshake grip of the subjects hand with a single or two hand grip. Bring the arm away from the suspects body elbow high and using a downward pulling motion as you back step bring the subject onto his stomach on the ground.

Rear leg sweep: From the escort position, reach up grab forward of the subjects shoulder area with the near hand. Slide your other hand down stopping and gripping the wrist. Pull back and down with the top hand, breaking the subjects balance to the rear, while kicking the subjects near leg in the calf area to the front, placing the subject on his back.

Modified arm bar: From the escort position, use your inside arm to administer a palm heel stun to the subjects jaw area, wrap this same arm over the subjects shoulder/ tricep area and compress your elbow to your body as you turn into the subject lowering your center and supporting the arm with your hand keeping it from bending, maintaining control of the subjects wrist with your other hand begin to elevate this arm, using the straight arm as leverage against your body keeping the subjects arm close to your center using your body weight for strength. Step away with your inside foot into a sit out position, maintaining a straight arm lock higher than the subjects head and place the subject on his stomach onto the ground.

Rear Head takedown: From the escort position, reacting to the subject pulling his arm away from you, release the arm, move to a rear position behind the subject, shoot your hands and arms straight in along side the sides of the subjects head and blanket the face keeping your elbows just behind the shoulder blades, pull the subjects head into your shoulder/ chest area and compress, tucking the subjects chin into his chest, making downward pressure as you lean into the subject, keeping your near leg forward and your far leg back for support, make the subject sit straight down, assuming a power kneeling position, carefully placing the subject on his back onto the ground.

Shoulder Pin: Reacting as a primary and secondary officer to an assailant with his arms raised, approach the assailant from his left or right side, shoot one of your arms in under the subjects near raised arm and along the front of his chest area placing your chest /shoulder area tight up against his side. With that same arm reach up along the neck area resting the blade of your arm into the neck palm down. With the other arm reach up to meet your hand palm up and clasp them together. Place your forehead into the side of the subjects head, push in with your head as you pull in with your hands and squeeze. Take a step in a rear circular motion with your outside leg and direct the subject to the ground while giving verbal commands. You can apply a shoulder pin from ground positions as well.

Clinch takedown: Reacting to a frontal attack. Lower your center, tuck your chin as you extend your arms out in front and drive your weight forward as you step in and wrap the

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offender's body using a long grip in the clinch. Bringing his arms up step forward and out and roll the offender's body over your leg as you sweep with it.

Takedown Defense

High/Mid charge: The subject charges at the officers mid section, attempting to tackle him. Shoot one arm under the subjects out stretched arm, as you administer a palm heel stun to the back of his head. Lift up with your arm that is under the subjects arm and push down with your hand that is on the back of his head as you pivot away from him, (opening the door). Direct the subject downwards to the ground and onto his back, avoiding the attack.

Tackle: The subject has a hold of your mid section in a tackle type hold. Wrap your arms over both of the subject's arms and roll back wards bringing the subject up and over your body onto the subjects back. Shoot your legs up and over and fall downwards on top of the subject in the mount position. Strike the subject and move into handcuffing position.

Low charge: The subject dives at the officers legs attempting to grab and take him down. Sprawl shooting your legs backwards, doing a front break fall onto the subjects back, impacting him to the ground onto his stomach. Move into handcuffing position.

Subject Turn Over's

Elbow lock turn over: With the subject on their back, control one of the subject's arms with both of your hands thumbs up. While in a horse stance at the subject's side pull the subjects arm up towards you and deliver a quick knee stun to the body, same side as the subject's waist. Maintain wrist control with your hand same side as the subjects head and slide your other hand down the arm to the tricep area just below the elbow, as you lower you height, pull the wrist back towards you and push on the elbow making pressure/ counter pressure, walk around the head turning the subject over onto his stomach.

Pump turn over: With the subject on his/ her back, control of one of the subject's arms with both of your hands thumbs up. While in a horse stance at the subject's side pull the subjects arm up towards you and deliver a quick knee stun to the chest area, deflating the subject to minimize resistance using your knee. Maintain wrist control with your hand same side as the subjects waist, face in the direction of the subjects feet place your inside foot along side the extended arm shoulder area, brace the controlled straight arm against the lowest part of your shin while lower your center, pull the controlled arm through your open legs, using leverage to turn the subject onto

his stomach, you may also move your inside hand to the back of the subject's head to assist in the turn over. Move to handcuffing.

Jaw compression turn over: While in a double kneeling position facing the subject's feet with the subject on his stomach, the officer places the subjects head between his knees, place both hand on the back of the head and compress the face to the ground while keeping your knees in tight for added control. Regulate the amount of pressure in accordance with the amount of resistance, once the subject complies and follows your verbal commands, move to handcuffing.

Escapes

Front Bear Hug, Under the Arms: The attacker grabs the officer in a front bear hug, under the arms. The officer lowers his center, making it difficult for the attacker to throw him. The officer then uses a double ear slap to disorient the attacker. After the ear slap the officer then pushes the attackers chin/jaw area away with a straight arm, as he reaches around with the other hand grabbing the attackers face and pulling, getting the attacker to release the grip.

Front Bear Hug, Over Arms: The attacker grabs the officer in a front bear hug, over the arms. The officer lowers his center, making it difficult for the attacker to throw him. Grab a hold of the attacker's sides around the armpit area and use a ken grip as you push the attacker away and deliver a knee strike to the groin area getting the attacker to release the grip.

Front Double Hand Choke: The attacker uses both hands to choke the officer around the neck. The officer can use either arm, throw your arm over the attackers forearms as you pivot your body the same way. Trap the attacker's hands with your other hand as you turn sideways to the attacker. Return with all your power with an elbow strike to the attackers face, getting the attacker to release the grip.

Rear Bear Hug, Over Arms: The attacker grabs the officer in a rear bear hug, over the arms. The officer lowers his center, making it difficult for the attacker to throw him. As you lower your center, shoot both hands straight out to the front. Transfer your body weight to one side and return with an elbow or hand strike getting the attacker to release the grip.

Rear Bear Hug, Under the Arms: The attacker grabs the officer in a rear bear hug, under the arms. The officer lowers his center. Grab the attacker's wrist with one hand as you use a knuckle strike and grind to the top of the attackers exposed

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hand, making him release his grip. Roll out from the hold and control the attackers arm in an arm bar or lock.

Rear Arm bar Choke: The officer takes both hands and grabs the attacker's forearm, which is around his neck, pinning it to his chest. Lower your center and step to the same side of the attackers choking arm. Bend at the waist, throwing your head towards the ground in front of you as you keep hold of the attackers arm, throwing the attacker over your leg to the ground, getting the attacker to release the grip.

Wrist Grabs: By using thumb compression or rolling your wrist through the attacker's weak area of his hand, (thumb/ fingers), you can easily get out of a grasp.

Handcuffing

Handcuff position #1

With the subject face down on the ground. While maintaining control the subjects straight arm with a shoulder lock, shoot in with both knees in a squatting position with the subjects arm in between your legs. Use pressure; counter pressure by squeezing your knees together along with pushing down on the subject's wrist locking his shoulder to the ground. Stay close to the subjects head area while facing his lower body. Keep your head up and back straight, staying aware of your surroundings. Move to handcuffing.

Handcuff position #2

With the subject face down on the ground. While maintaining control the subject's straight arm with a shoulder lock, place one knee on the ground facing the subject and base your other foot near the subjects head in a kneeling power stance. Place the subject's straight controlled arm in the crook of your based out leg with his fingers facing towards his body. Maintain pressure on the shoulder lock with a C-clamp and gain extra control by pushing forward with your hips. Keep your head up and your back straight, staying aware of your surroundings. Move to handcuffing.

Baton Striking and Stunning Drills

Baton stun; The officer will use his expandable baton in the closed mode gripping it in one hand. The officer makes a fist, baton in hand, will deliver a stun by launching the strike off the hip with no wind up into the body pad.

Baton Jab; The officer will use his expandable baton in the closed mode gripping it in one hand. The officer while making a fist, baton in hand, will deliver a jab by using an up strike into the body.

Baton Hammer fist; The officer will use his expandable baton in the closed mode gripping it in one hand. The officer while making a fist, baton in hand, will deliver a hammer fist by using a downward strike into the body.

Primary Strike; The officer will use an open expandable baton and assume the assailant control carry. The officer will use a primary strike on the body.

Thrust; The officer will use an open expandable baton and assume a horizontal carry position using a pronated grip on the baton. The officer will blade his stance reaction side front and thrust the baton (ramming fashion) into the body.

Horizontal Strike; The officer will use an open expandable baton and assume a horizontal carry position using a regular grip on the baton. The officer will bring the baton chest level and strike by extending both arms out. .

Figure 8 Counter; The officer will use an open expandable baton and assume a horizontal carry position using a regular grip on the baton. The officer will bring the baton chest level and begin the figure 8 retention method driving the baton into the assisting officer as he advances towards the suspect.